

ABSTRACT

A wrist-worn heart rate variability monitor is provided. Heart rate variability (“HRV”) refers to the interval between heart beats and is a reflection of an individual’s current health status. Over time, an individual may use the results of HRV tests to monitor either improvement or deterioration of specific health issues. Thus, one use of the HRV test is as a medical motivator. When an individual has a poor HRV result, it is an indicator that they should consult their physician and make appropriate changes where applicable to improve their health. The inventive monitor is capable of monitoring the stages of sleep by changes in the heart rate variability and can record the sleep (or rest) sessions with the resulting data accessible by the user or other interested parties. The inventive monitor is thus capable of several novel uses: (1) to assist the user with a nap that allows predetermined time in one or more sleep stages; (2) determination of the duration of a sleep session, including length of time spent in one or more sleep stages; (3) in concert with a home’s central electronic and computer control unit, the device uses HRV to determine when the house may be placed in “sleep” mode and when it is appropriate to place the house in “awake mode”; and (4) performance of an HRV test.